

FREE LEGAL CLINIC

On Monday, February 10th, elder law attorney, Veranira Ochea, Esq., from Metrowest Legal Services will be available by appointment at the senior center to answer legal questions or provide appropriate referrals to Foxborough seniors. The appointments are free of charge and each appointment will be scheduled for 20 minutes. Attorney Ochea will be at the senior center from 8:30 a.m. to 1:00 p.m. Please call the senior center at 508-543-1252 if you would like to schedule an appointment.

Monday, January 20

Martin Luther King, Jr. Day
Office Closed

Tuesday, January 21

Stretch & Balance 8:30 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Shaws 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, January 22

Sign-up for Foxwoods
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Zumba 1:00 p.m.
Kohl's 1:00 p.m.

Thursday, January 23

Men's Breakfast 9:00 a.m.
Ceramics 9:00 a.m.
Italian 1 Class 11:00 a.m.
Advanced Italian Class 1:00

Friday, January 24

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Card Making 11:00 a.m.
Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

MEN'S BREAKFAST

Our next Men's Breakfast at the senior center will be held on Thursday, January 23rd at 9:00 a.m. This month's guest speaker will be Register William P. O'Donnell of the Norfolk County Registry of Deeds. Following breakfast, the Register will discuss the historical nature of the Registry and his ongoing efforts to modernize and computerize the vast number of Norfolk County real estate records. He will also address the Massachusetts Homestead Act. After the presentation, the Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check any other filing. The cost for the breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1252 to sign up. As always, after breakfast has been served, everyone is welcome to join us for the speaking portion of the program at no cost.

PRE-DIABETES SCREENING

On Friday, January 31st from 9:00 to 11:30 a.m. there will be a Pre-Diabetes Screening at the senior center. This program is provided by the VNA Care Network, Inc. to persons aged 60 and older and it is funded by a grant through HESSCO Elder Services. The purpose of the program is to help prevent or delay the onset of type 2 diabetes. This is accomplished through screening, rescreening, education and interventions. The nurse assesses and screens the client to determine their risk and will work with at-risk clients to help develop a realistic lifestyle changes and set short term goals. Further appointments are scheduled with the client either face-to-face or over the telephone to provide education, counseling, problem solving, encouragement and support. The initial screening/rescreening involves fasting glucose, blood pressure, cholesterol, Body Mass Index and waist measurement. If you are interested in taking part in this free Pre-Diabetes Screening, please call the senior center at 508-543-1252 to set up an appointment.

PAINTING WITH BOB MCLEOD

It's time to tap into the artistic abilities that you may not have yet discovered in yourself. Come and enjoy a painting class with Bob McLeod and at the end of the class you'll be taking home a fantastic oil painting that has been painted by you. This class is for everyone, not just the experienced. Bob's next visit to the senior center will be on Wednesday, February 5th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited, so call the senior center at 508-543-1252 to sign up for the class.

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning February 4th through April 8th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

TRIP TO FOXWOODS CASINO

Come with us on Thursday, February 27th to Foxwoods Resort Casino, the northeast's largest casino and premier entertainment destination, offering a wide variety of ways to spend an exciting day. With six distinctive casinos, over 6,000 slot machines, 38 restaurants, and many retail shops, every amenity imaginable is available for your enjoyment. Foxwoods offers visitors the gaming experience of a lifetime! Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. In addition to the transportation, your outing will include 1 free Full Buffet Coupon or \$10 food voucher, \$15 Keno Coupon and driver's gratuity. The cost for the day is \$22 per person, and will be due at sign-up or no later than Friday, February 7th. Call 508-543-1252 to sign up for this trip beginning on Wednesday, January 22nd.

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

We can all claim to be a "wee bit" Irish on St. Patrick's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for our St. Pat's Day celebration on Thursday, March 13th from 11:30 a.m. to 3:30 p.m. You'll enjoy a sit down lunch which will include your choice of the traditional Corned Beef and Cabbage or New England Baked Scrod. You don't have to be Irish to have a great time, so come join us for an enjoyable afternoon with entertainment provided by "John Connors Irish Express." The cost for this fun and festive day is \$49. Transportation will be on your own, but the Van Go will be available for regular van riders upon request. The sign-up for this celebration will begin on January 15th, so please call the senior center at 508-543-1252 if you'd like to attend. Payment will be due on Friday, February 14th.

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. The featured program on January 22nd and 23rd is “Senior Scene – Winter Readiness.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

LUNCHEON OUTING

On one Wednesday afternoon each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to the Longhorn Steakhouse in Mansfield on Wednesday, January 29th at 1:00 p.m. Seating is limited, so if you would like to join us, please call the senior center at 508-543-1252 to sign up by Tuesday, January 28th. Van transportation is available.

MANICURES

Our manicurist, Sheri Thorpe, will be here on Tuesday, January 28th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products and has been the manicurist at our neighboring Plainville Council on Aging. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

ZUMBA CLASSES

Zumba classes have begun again at the senior center on January 15th for four sessions. Classes are held from 1:00 p.m. to 2:00 p.m. on the following Wednesday afternoons: January 15, 22, 29 and February 5. The cost for these four classes will be \$8.00, with payment due by the start of the first session.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, January 27th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, February 3rd at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, February 4th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

It's a time again to take in a good movie with friends at the senior center. Our next Movie Day is scheduled for Tuesday, February 11th at 12:30 p.m. and the featured movie will be "Silver Linings Playbook." Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then settle down with some fresh, hot popcorn to see the movie. Our featured movie this month is "Silver Linings Playbook" and stars Bradley Cooper as Pat Soltano, a bipolar man from Philadelphia, who has lost everything – his house, his job and his wife. He now finds himself living back with his mother (Jacki Weaver) and father (Robert DeNiro) after spending eight months in a state institution on a plea bargain. Pat is determined to rebuild his life, remain positive and reunite with his wife, despite the challenging circumstances of their separation. All Pat's parents want is for him to get back on his feet and to share the family's obsession with the Philadelphia Eagles football team. When Pat meets Tiffany (Jennifer Lawrence), a mysterious girl with problems of her own, things get complicated. Tiffany offers to help Pat reconnect with his wife, but only if he'll agree to act as her dance partner in a local dance competition. As their deal plays out, an unexpected bond begins to form between them. If you'd like to join us for this movie, please call the senior center at 508-543-1252.

VIDEO LECTURE SERIES – THE HISTORY OF THE UNITED STATES – Now on Mondays

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History of the United States Part 2" on **Mondays through May 5th from 12:00 noon to 1:00 p.m.** at the senior center. These video lectures provide many hours of educational information by award winning professors. This series begins in the late 19th century with the expanding industrialization of America and runs through the Clinton Administration and the Millennium. The Great Courses lecture series is touted as "pure intellectual stimulation" by *Havard Magazine* and a "serious force in American education" by *The Wall Street Journal*. Please call us at 508-543-1252 if you'd like to join us for this great informational opportunity. If you have missed one of our video lectures, please let us know so that we can schedule an additional showing for you.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street to sign-up for the aquatics classes that are held at the beautiful YMCA/Invensys Foxboro branch which is located at 67 Mechanic Street in Foxboro. Classes are \$5 each and payment is due at the time you sign up. You must also choose which day of the week you will be attending classes, per the YMCA's policy. This session runs from January 2nd through February 16th. The Aqua Aerobics classes are held on Mondays, Wednesdays and Fridays at 12:10 p.m. The Aqua Aerobics classes with certified Arthritis Foundation instructors are held on Tuesdays and Thursdays at 8:00 a.m. If you have any questions, please call us at 508-543-1252.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, February 19th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on February 20th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well

as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

January 22 – Kohl's

January 29 – Longhorn Steakhouse

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, February 11th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled on February 4th and 20th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. In addition to the SHINE Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

PUBLIC SAFETY INFORMATION

MEMA's PRECAUTIONS FOR EXTREME COLD WEATHER

The Massachusetts Emergency Management Agency (MEMA) has issued the following cold weather safety tips: continue to be aware of extreme weather conditions by monitoring media reports; make sure you always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries, a first aid kit and bottled water; minimize outside activities; dress in several layers of loose-fitting, lightweight clothing; excessive exposure can lead to frost bite which is damaging to body tissue; hypothermia can occur in extreme cases; ensure you have sufficient heating fuel; if you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors; food provides the body with energy for producing its own heat; be a good neighbor and check on the elderly, relatives and friends; to keep pipes from freezing, wrap them in insulation or layers of newspapers to keep out moisture, and; make sure that your car is properly winterized, keep the gas tank at least half full and carry a Winter Emergency Car Kit in the trunk. For additional

information about MEMA and Winter Preparedness go to www.mass.gov/mema. Copies of MEMA's Winter Preparedness series are available at the senior center.

SOLICITOR WARNING

COLD CALLING FOR VETERANS' DONATIONS

The "American Veteran's Support Foundation" has been cold calling for donations in our area. We have been advised that this organization has been rated with an "F" from the American Institute of Philanthropy. According to the Institute, only an average of 5% to 10% of donations to the American Veteran's Support Foundation goes to the direct support of veterans, with the remainder of the donations going to salaries and benefits for the organization itself. We are passing along the information that we have received so that you can make a more informed decision about a donation that you may be considering.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, January 20

Martin Luther King Jr. Day
No Meals Served

Tuesday, January 21

Hot Roast Beef Sandwich on a Roll
Peppers & Onions
O'Brien Potatoes
Chuck Wagon Vegetables
Pears

Wednesday, January 22

BBQ Chicken Breast
Whipped Potato
Tuscan Blend Vegetables
Whole Wheat Bread
Fruited Jell-O

Thursday, January 23

Tuna Salad Cold Plate
Potato Salad
Three Bean Salad
Pita Bread
Strawberry Cup

Friday, January 24

Italian Pasta with Meat Sauce
Roman Blend Vegetables
Muffin
Fresh Fruit